

Module 3: Planning for a Healthier Tomorrow

Handout J-2: Team A *(copy onto yellow card stock and cut out)*

drive a car everywhere	cigarette smoking	use alcohol to forget, instead of dealing with problems	grow up in a family where violence occurs	forget to wear seatbelts
feel tense and hurried to get things done	use hitting as a way of disciplining children	use sweet foods as a reward		